

CELEBRATE FALL

A NEWSLETTER OF THE
CHILD HEALTH & DISABILITY
PREVENTION PROGRAM

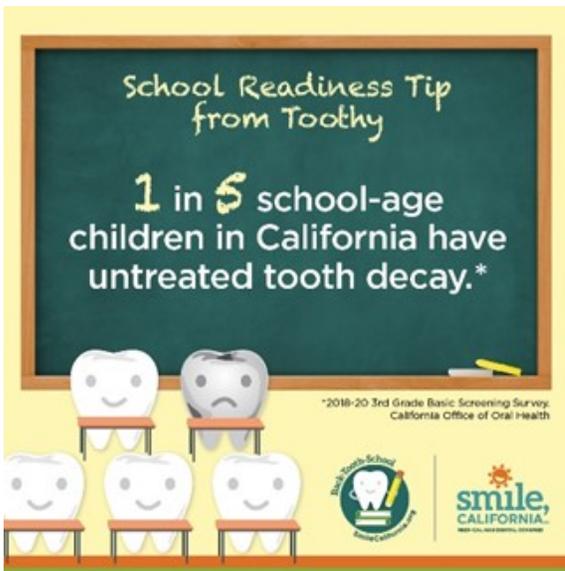
2650 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

Trip to the Pumpkin Patch? Yes, Please!

Nash Ranch Pumpkin Patch caters to younger kids with its train rides, farm animal petting zoo, little kids play area, free straw bale maze, mini corn maze and bounce house. Many activities are free or \$1-3 per person.

The pumpkin patch is open Oct. 1-31, 10 a.m. to 6 p.m. daily. On Saturdays and Sundays, parking is \$4.

For questions, call (530) 241-0763 or visit www.nashranch.com.



Smile, You Found a Family Dentist

It's important to establish a dental "home" for yourself and your children, as dentists can see things that parents often can't. That's why Medi-Cal covers two dentist office visits per year for members under age 21.

Visit SmileCalifornia.org to find a Medi-Cal dental home for you and your family.

Farmers Markets

EBT cards are accepted at all Shasta County markets.

Redding Market

Saturday, April 3 - Dec. 11
7:30 a.m. - Noon
Redding City Hall
777 Cypress Ave., Redding

Market by Sundial Bridge

Sunday, June 6 - Oct. 10
8 a.m. - Noon
844 Sundial Bridge Dr., Redding

Marilyn Miller Market

Tuesday, June 8 - Oct. 12
7:30 a.m. - Noon
Shasta Center,
1700 Churn Creek Road, Redding

Burney Market

Wednesday, June 9 - Sept. 29
3 p.m. - 6 p.m.
Burney Sporting Goods Parking Lot
37427 Hwy. 299 E., Burney

Anderson Market

Thursday, June 3 - Sept. 23
7:30 a.m. - Noon
Shasta Gateway Shopping Center
1699 Hwy. 273, Anderson

For more, visit healthyshasta.org/eat-healthy/farmers-markets/



Shasta County
**Health & Human
Services Agency**

Palo Cedro Honeybee Festival

- Saturday, Sept. 25 from 8:30 a.m. to 5 p.m.
- Sunday, Sept. 26 from 8:30 a.m. to 4 p.m.
- Bishop Quinn Community Center, 21893 Old 44 Drive, Palo Cedro.
- For more information, leave a message at (530) 547-2727 or visit palocedrohoneybee-festival.com/



Need a Thanksgiving Week kid camp?

Camp King campers, grades K-8, play games, make arts and crafts, enjoy friends, use computers and more.

When: 9 a.m. - 3:30 p.m., Nov. 22-24

Where: MLK Center, 1815 Sheridan St, Redding, CA 96001

Cost: \$20. Register starting Sept. 27 at cityofredding.org/departments/parks-and-recreation/mlk-center-home



Kids Night: Games, Crafts, Dinner

When: Fridays, 5:30 - 7:30 p.m., Aug. 27 to Dec. 10. Meal provided.

Cost: Free. Register in advance.



'Positively Girls' Fosters Leaders

For: Girls ages 8-12

When: Mondays, 5:30 - 7:30 p.m., through Oct. 11. Meal provided.

Cost: Free. Registration required.

Kids Read to Dogs

Shasta Public Libraries offers children's story times at all three branches. Story times can include crafts, songs, games and dramas.

Children's Story Times:

Redding: 10:30 a.m., Saturday
Burney: 11 a.m., Wednesday
Anderson: 3:30 p.m., Thursday

Prescription Pets R.E.A.D.

Children ages 4-12 read to a dog (and sometimes a cat), improve reading skills and confidence. No dogs in December.

Redding Library: 1st and 3rd Thursdays, 10:15 - 11:15 a.m. and 3rd Saturday of the month, 10 a.m. - Noon.

For more, visit shastalibraries.org

Lead in Dust and Dirt Can Hurt

Lead poisoning is caused by swallowing or breathing lead. Lead is a toxic metal found in dust and dirt around some homes built before 1978. Lead in a child's body can cause learning and behavior problems. Children under age 6 are most at risk.



If staying cozy inside:

Wet-mop floors, wet-wipe windowsills, vacuum and wash all surfaces often to reduce dust.



If enjoying cool air outside:

Use grass or plants, bark, gravel or concrete to cover bare dirt where your child plays.

Free Health Exams, Immunizations

Uninsured or no preventive care insurance?

The Child Health and Disability Program (CHDP) provides FREE children's health exams and immunizations.

Call to find out if you qualify:

(530) 225-5122 or (800) 300-5122.

Calling All Big (and Little) Big Bike Fans

Big Bike Weekend's free car show & shine takes place Saturday, Oct. 9, 2021 from 11 a.m. - 4 p.m. at the Holiday Inn on Hilltop Drive in Redding.

Find vendors inside the convention centers at the Red Lion Hotel and Holiday Inn in Redding. Visit bigbikeweekend.com for more.

Roasted Root Vegetables

Ingredients

Nonstick cooking spray
2 beets
6 carrots
2 sweet potatoes
1 Tbsp. fresh thyme, chopped, or 1 tsp. dried thyme
1 Tbsp. fresh parsley, chopped, or 1 tsp. parsley, dried
½ tsp. salt (feel free to use less)
1½ Tbsp. vegetable oil

Directions

1. Preheat oven to 450°F. Line two baking sheets with aluminum foil and lightly spray with nonstick cooking spray. Set aside.
2. Peel beets, carrots, and sweet potatoes and cut each one lengthwise into ½ -inch slices.
3. In a bowl, mix thyme, parsley, and salt.
4. In a bowl, toss vegetables with vegetable oil. Sprinkle in mixed herbs. Toss again.
5. Spread vegetables in a single layer on prepared baking sheets. Bake until vegetables are tender and golden, turning occasionally with tongs, 20 to 25 minutes.
6. Transfer to a dish and serve.



Publication: [A Fresh Twist on Traditional Recipes](#)

Source: [Nutrition Education and Obesity Prevention Branch \(California Department of Public Health\)](#)

Even picky eaters can enjoy a fresh spin on home fries.

Ready In: 40 minutes Serves: 6